

# CARING FOR YOUR HANDS

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## Alcohol-based Hand Rub

Use ABHR to clean your hands because it is less drying than soap and water.

Soap and water is only required when your hands are visibly dirty.



## Hand Lotion

Use lotion provided by your workplace regularly to keep hands moisturized and healthy.



## Gloves

Wearing gloves for longer than needed can be damaging to your skin.



## Getting Help

If your hands are dry, red, or cracked, it's time to ask your supervisor for help!